

THE TWELVE STEPS OF NARCOTICS ANONYMOUS

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible.

- 1 We admitted that we were powerless over our addiction, that our lives had become unmanageable.
- 2 We came to believe that a Power greater than ourselves could restore us to sanity.
- 3 We made a decision to turn our will and our lives over to the care of God as we understood Him.
- 4 We made a searching and fearless moral inventory of ourselves.
- 5 We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
- 6 We were entirely ready to have God remove all these defects of character.
- 7 We humbly asked Him to remove our shortcomings.
- 8 We made a list of all persons we had harmed, and became willing to make amends to them all.
- 9 We made direct amends to such people wherever possible, except when to do so would injure them or others.
- 10 We continued to take personal inventory and when we were wrong promptly admitted it.
- 11 We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- 12 Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

Phone Numbers

NARCOTICS ANONYMOUS, Chapter Five What Can I Do Pages 44-45

A meeting a day for at least the first ninety days of recovery is a good idea. There is a special feeling for addicts when they discover that there are other people who share their difficulties, past and present. At first we can do little more than attend meetings. Probably we cannot remember a single word, person or thought from our first meeting. In time, we can relax and enjoy the atmosphere of recovery. Meetings strengthen our recovery. We may be scared at first because we don't know anyone. Some of us think that we don't need meetings. However, when we hurt, we go to a meeting and find relief. Meetings keep us in touch with where we've been, but more importantly with where we could go in our recovery. As we go to meetings regularly, we learn the value of talking with other addict who share our problems and goals. We have to open up and accept the love and understanding that we need in order to change. When we become acquainted with the Fellowship and its principles and begin to put them into action, we start to grow. We apply effort to our most obvious problems and let go of the rest. We do the job at hand, and as we progress, new opportunity for improvement present themselves.

Our new friends in the Fellowship will help us. Our common effort is recovery. Clean, we face the world together. We no longer have to feel backed into a corner, at the mercy of events and circumstances. It makes a difference to have friends who care if we hurt. We find our place in the Fellowship, and we join a group whose meetings help us in our recovery. We have been untrustworthy for so long that most of our friends and families will doubt our disease and the recovery process. At meetings we can share with other addicts, ask questions and learn about our disease. We learn new ways to live. We are no longer limited to our old ideas.

Phone Numbers



Mile High Area Service Committee
Narcotics Anonymous

Mile High Area Meeting List

Last Updated June 3 2006

Please Visit the Area Web Site

For Event information and Mile High Area
Service Meeting Schedules
www.nadenver.com

To Talk To a Recovering Addict

Denver Metro Help & Info:

(303) 832-DRUG (3784)

Boulder Help & Info:

(303) 412-2884

Colorado Springs Help & Info:

(719) 637-1580

Ft. Collins, Estes Park, & Loveland:

(970) 282-8079

Greeley, Ft. Morgan, & Sterling:

(970) 346-6933

Western Mountains Help & Info:

(800) 912-4597

Grand Junction and Western Slope

(970) 252-2271

For Meeting Lists outside the Denver Metro

<http://www.nacolorado.org/meeting.html>

Mile High Area Committee & Sub Committee Meetings

MHASC Meeting First Sunday of each Month at 2:00 PM 1212 Mariposa

H&I S 2nd Sunday of each month 5:00 pm 1212 Mariposa

Phone Line 2nd Sunday of each month 5:30 pm 1212 Mariposa

Outreach 2nd Sunday of each month 5:30 pm 1212 Mariposa

MHASC Web Please Contact The Web Servant

Activities 3:00 pm Last Sunday of the Month 5280 Wadsworth Bypass Arvada

PI 2nd Sunday of each month 5:00 pm 1212 Mariposa

Sunday

9:00 am	suNdAy school ST,NS - Book Store 3601 S Sherman St.
9:30 am	A Wake Up Call O,D,NS 121 Acoma St 60 min
11:00am	Living Proof - O,D,NS - 1395 So Sheridan Blvd Unit G.
2:00 pm	Step Into It - O,D,S,MHI - 1395 So Sheridan Blvd Unit G.
6:00 pm	NA Matinee - O,D,S - 1395 So Sheridan Blvd Unit G.
6:00 pm	Buck Naked Recovery - O,D,NS,WA - 809 S. Washington
7:00 pm	Clean & Serene - O,D,NS,WA,CC, - 10001 W 58th Ave. Arvada
7:00 pm	Spiritual Principles at Clean & Serene - O,D,NS,WA,CC,LS - 10001 W 58th Ave.
8:00 pm	Ain't Dead Yet - O, D, NS, WA - 8085 E. Hampden
9:00 pm	Recovering In Denver - O, D, S 1395 So Sheridan Blvd Unit G.
10:30 pm	Blues Breakers - O, D, S - 1395 So Sheridan Blvd Unit G.

Monday

7:00 am	Earlybirds - O, D, NS 7100 West Mississippi (Church)
Noon	This Ain't Therapy - O, D, S - 1395 So Sheridan Blvd Unit G.
Noon	Bring Your Own Lunch - O, D, NS, WA - 5400 S Yosemite (Presbyterian Church)
2:00 pm	Step Into It - O, D, NS - 1395 So Sheridan Blvd Unit G.
6:00 pm	Continued Deflation - O, D, NS - 809 S. Washington
6:00 pm	NA Matinee - O, D, S, IP - 1395 So Sheridan Blvd Unit G.
6:00 pm	Take The Highway - 2290 S. Clayton St. - Church
7:30 pm	Southern Serenity - O, TS, NS, WA - 11805 Pine Dr, Parker (1/2 mile S. of Hilltop Rm 128 E. entrance)
7:30 pm	Golden Group - C, D, NS, WA - Church on the S. W. Corner of 13th & Arapahoe, Golden
8:00 pm	Surrender To Win - O, D, BK, IP, NS - 3315 Gilpin
8:00 pm	Ain't Dead Yet - ST, NS, WA - 8085 E. Hampden
8:30 pm	Hope Without Dope - C, D, S, WA - 3355 S. Wadsworth #125 (Club)
10:30 pm	Blues Breakers - O, D, S - 1395 So Sheridan Blvd Unit G.

Tuesday

7:00 am	Earlybirds - O, D, NS 7100 West Mississippi (Church)
10:00am	Spare Time O, D, WA, NS 10111 W 26th Ave (WA back Entrance 10110)
Noon	This Ain't Therapy - O, D, S - 1395 So Sheridan Blvd Unit G.
Noon	Bring Your Own Lunch - O, D, NS, WA - 5400 S Yosemite (Presbyterian Church)
5:45 pm	Don't Know Diddle - O, D, NS - 11th & Fillmore
5:45 pm	Humble Lights Early- O, D, NS, WA - 11202 W. Jewell
6:00 pm	NA Matinee - O, D, S, - 1395 So Sheridan Blvd Unit G.
7:00 pm	Turning Point - O, D, NS- 1280 Vine St. (W Entrance Upstairs on the right)
7:30 pm	Spoons are for Coffee - O, S - 1395 So Sheridan Blvd Unit G.
7:30 pm	Humble Lights - O, D, NS, WA - 11202 W. Jewell
7:30 pm	Free At Last - O, D, NS - 3585 W. 76th (church)
7:30 pm	Chair's Choice - O, D, NS - 1450 Airport Blvd. Aurora (church)
8:00 pm	Gimme The Text - O, D, NS, ST, WA - 9th & Emerson (Church W Ent.)
8:00 pm	Ain't Dead Yet - O, D, NS, WA - 8085 E. Hampden
8:30 pm	Paper Shoes - O, D, NS, WA 1280 So Potomac St.
10:30 pm	Blues Breakers - O, D, S - 1395 So Sheridan Blvd Unit G.

Wednesday

7:00 am	Earlybirds - O, D, NS 7100 West Mississippi (Church)
Noon	This Ain't Therapy - O, D, S - 1395 So Sheridan Blvd Unit G.
Noon	Bring Your Own Lunch - O, D, NS, WA - 5400 S Yosemite (Presbyterian Church)
5:45 pm	Peace Out West - O, D, NS - Women's Meeting -17701 W. 16th at S. Golden Rd.
6:00 pm	NA Matinee - O, D, S - 1395 So Sheridan Blvd Unit G.
6:30 pm	Breckenridge Here & Now - O,D,NS 310 Wellington Breckenridge
6:30 pm	More Will Be Revealed - O, D, NS 3601 S. Sherman Street, Englewood (bookstore)
7:00 pm	Ray of Light - O, D, SP (3rd week), Gay Friendly , NS - 1050 Broadway
7:00 pm	Just Can't Miss It - O, D, NS, CC - 6750 Carr - rm 306
7:00pm	K.I.N.K. Kink friendly, 21 & Over OD,S 6040 E. 50th Ave Commerce City
7:30 pm	A Womans Turning Point O, D, NS 1395 So Sheridan Blvd Unit G.
7:00 pm	Politics Makes Strange Bedfellows - TS, CS, LT, C, D, Service Study NS - 11th & Fillmore Up Stairs
7:00 pm	Hope Without Dope - C, D, S, WA - 3355 S. Wadsworth #125 (club)
7:30pm	No Static For The Addict O, D, WA, NS 10111 W 26th Ave (WA back Entrance 10110)
8:00 pm	Ain't Dead Yet - O, D, NS, WA - 8085 E. Hampden
8:00pm	Underground Recovery O, D, NS- 8085 E Hampden (In Basement)
8:00 pm	Surrender To Win - O, D, NS - 3315 Gilpin
8:00 pm	Gimme Three Steps - O, D, BEG, NS, ST, WA - 9th - Emerson (Church W Ent.)
10:30 pm	Blues Breakers - O,D, S - 1395 So Sheridan Blvd Unit G.

Thursday

7:00 am	Earlybirds - O, D, NS 7100 West Mississippi (Church)
10:00am	Spare Time O, D, WA, NS 10111 W 26th Ave (WA back Entrance 10110)
Noon	This Ain't Therapy - O, D, S, WA 1395 So Sheridan Blvd Unit G.
Noon	Bring Your Own Lunch - O, D, NS, WA - 5400 S Yosemite (Presbyterian Church)
5:45 pm	BYOG - O, D, NS, WA - Bookstore 3601 South Sherman St.Englewood, CO
6:00 pm	NA Matinee - ST, TR, S - 1395 So Sheridan Blvd Unit G.
7:30 pm	Southern Serenity - O, D, NS, WA - 11805 Pine Dr. Parker, (1/2 mi. S. of Hilltop) (rm. 128 east entrance)
7:30 pm	Keep It Simple - O, D, S, WA, Tag - 1395 S Sheridan Unit G
7:30 pm	Natural High - O - D, SP, Topic, NS, WA - 90 min. 8817 S. Broadway, Highlands Ranch
7:30 pm	Welcome Home - O, D, NS, - 2025 Kipling (two story house in back of parking lot)
7:30 pm	Chair's Choice - O, D, NS - 1450 Airport Blvd. Aurora (church)
7:30 pm	Young At Heart - O, D, NS, WA, YOUTH - 1630 E. 14th Ave. church
7:30pm	Meet'n Up North - O,D,NS,WA - 3101 E 100th AVE (Church enter back door Downstairs 'front door)
8:00 pm	Ain't Dead Yet - O, D, NS, WA - 8085 E. Hampden
9:00 pm	Recovering In Denver - O, D, NS - 1395 So Sheridan Blvd Unit G.
10:30 pm	Blues Breakers - O, D, S - 1395 So Sheridan Blvd Unit G.

Friday

7:00 am	Earlybirds - O, D, NS 7100 West Mississippi (Church)
Noon	This Ain't Therapy - O, D, S - 1395 So Sheridan Blvd Unit G.
Noon	Bring Your Own Lunch - O, D, NS, WA - 5400 S Yosemite (Presbyterian Church)
2:00 pm	Step Into It - O, D, NS, MHI - 1395 So Sheridan Blvd Unit G.
5:45 pm	T.G.I.F. - C, D, NS, WA - 1280 Vine (church)
5:45 pm	Unconscious Meeting - O, D, NS - 11th & Fillmore
6:00 pm	NA Matinee - O, D, BK, ST,1-2-3, S, WA 1395 So Sheridan Blvd Unit G.
7:15 pm	Clean Serene Speaker Meeting - 10001 W 58th Ave. Arvada
7:30 pm	Finding The Way - O, D, NS, WA 3400 Lutheran Pkwy Hspll, Treatment Center
8:00 pm	Surrender To Win - O, D, SP (Last Friday), NS - 3315 Gilpin 90min
8:00 pm	Ain't Dead Yet - O, D, NS, WA - 8085 E. Hampden
8:00 pm	NAFL - O, D, NS - 3500 S. Logan
8:00 pm	Anonymous Group - O, D, NS, WA, - 8851 W 80th., Louisville (Hospital)
8:00pm	5th Tradition Group - O, NS, WA, BEG,60min, 2162 Lawrence St (Treatment Facility)
9:00 pm	Recovering In Denver - O, D, S, WA 1395 So Sheridan Blvd Unit G.
10:30 pm	Blues Breakers - O, D, S - 1395 So Sheridan Blvd Unit G.
12:15am	Night Owls - O, D, S - 1395 So Sheridan Blvd Unit G.

Saturday

7:00 am	Earlybirds - O, D, NS 7100 West Mississippi (Church)
10:30 am	Primary Purpose - O, D, NS - 11th & Fillmore
Noon	HOW - O, D, S - 1395 So Sheridan Blvd Unit G. #100 - Lakewood
2:00 pm	Step Into It - O, D, S, MHI - 1395 So Sheridan Blvd Unit G.
3:00 pm	A Woman's Touch - OD, NS 1450 N Airport Blvd, Aurora
6:00 pm	NA Matinee - O, D, S - 1395 So Sheridan Blvd Unit G.
7:15 pm	Uptown Steppers - O, D, NS - 3315 Gilpin
8:00 pm	Saturday Night Live - O, D, NS, WA - 3500 S. Logan church
8:00 pm	Ain't Dead Yet - O, D, NS, WA - 8085 E. Hampden
8:00 pm	New Meeting - O, D, NS, 15210 6th ave suite 1 (Club)
9:00 pm	Recovering In Denver - O, D, NS, 1395 So Sheridan Blvd Unit G.
10:30 pm	Blues Breakers - O, D, S - 1395 So Sheridan Blvd Unit G.
12:15am	Night Owls - O, D, S - 1395 So Sheridan Blvd Unit G.

Meeting List Key
 Youth = Young People Meeting
 C = Closed Meeting for Addicts Only
 O = Open Meeting
 D = Discussion
 H&I = Hospitals & Institutions
 SP = Speaker Meeting
 TR = Tradition Study
 ST = Step Study
 SWG = Step Working Guide

BK = Book Study
 BEG = Beginners Meeting
 WA = Wheelchair Accessible
 TS = Text Study
 CS = 12 Concepts Study
 LS = Literature Study
 S = Smoking
 NS = Non Smoking
 CC = Child Care
 MHI = Mental Health Issues